

August 2015

CLIFFSIDE PARK RECREATION PROGRAM

BREAKFAST SNACK



**ENJOY YOUR DAY WITH A
NUTRITIOUS SNACK!**



Nutrition Tip: Eat Breakfast! Several studies suggest that eating breakfast may help children do better in school.
Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

Monday

1% WHITE MILK **3**
GRAHAM CRACKERS

100% FRUIT JUICE **10**
FRUIT FLAVORED
YOGURT

1% WHITE MILK **17**
GRAHAM CRACKERS

100% FRUIT JUICE **24**
FRUIT FLAVORED
YOGURT

1% WHITE MILK **31**
GRAHAM CRACKERS

Tuesday

LOW FAT **4**
CHOCOLATE MILK
FRESH BANANA

1% WHITE MILK **11**
GRAHAM CRACKERS

LOW FAT
CHOCOLATE MILK
FRESH BANANA

1% WHITE MILK **25**
GRAHAM CRACKERS



Wednesday

GRAPE JUICE **5**
WHOLE GRAIN
CHEDDAR CRACKERS
(GOLDFISH)

APPLE JUICE **12**
TORTILLA CHIPS

GRAPE JUICE **19**
WHOLE GRAIN
CHEDDAR CRACKERS
(GOLDFISH)

APPLE JUICE **26**
TORTILLA CHIPS



Thursday

APPLE JUICE **6**
FLAVORED YOGURT

1% WHITE MILK **13**
WHOLE WHEAT MINI
BAGEL

APPLE JUICE **20**
FLAVORED YOGURT

1% WHITE MILK **27**
WHOLE WHEAT MINI
BAGEL

Friday

PEACH **7**
MOZZARELLA CHEESE
STICK

LOW FAT **14**
CHOCOLATE MILK
WHOLE GRAIN
BANANA BREAD

PEACH **21**
MOZZARELLA CHEESE
STICK

LOW FAT **28**
CHOCOLATE MILK
WHOLE GRAIN
BANANA BREAD

